

Summit Success, LLC

Empowering Extraordinary Lives

The Year In Review:

What were my successes this year? What did I accomplish? What went especially well? What am I proud of having completed?

1. _____
2. _____
3. _____
4. _____
5. _____

How did I celebrate my successes this year?

1. _____
2. _____
3. _____
4. _____
5. _____

What were my “magic moments” this year? What great memories do I have?
What special times and memories did I create for others?

1. _____

2. _____

3. _____

4. _____

5. _____

What specific goals and/or resolutions did I set for myself this past year and
which ones did I accomplish?

1. _____ [] Y [] N

2. _____ [] Y [] N

3. _____ [] Y [] N

4. _____ [] Y [] N

5. _____ [] Y [] N

For the goals that I achieved, what factors, practices, disciplines led to their
achievement?

1. _____

2. _____

3. _____

4. _____

5. _____

For the goals that I didn't complete, what got in the way?

1. _____

2. _____

3. _____

4. _____

5. _____

What practices and disciplines would be useful to continue?

1. _____

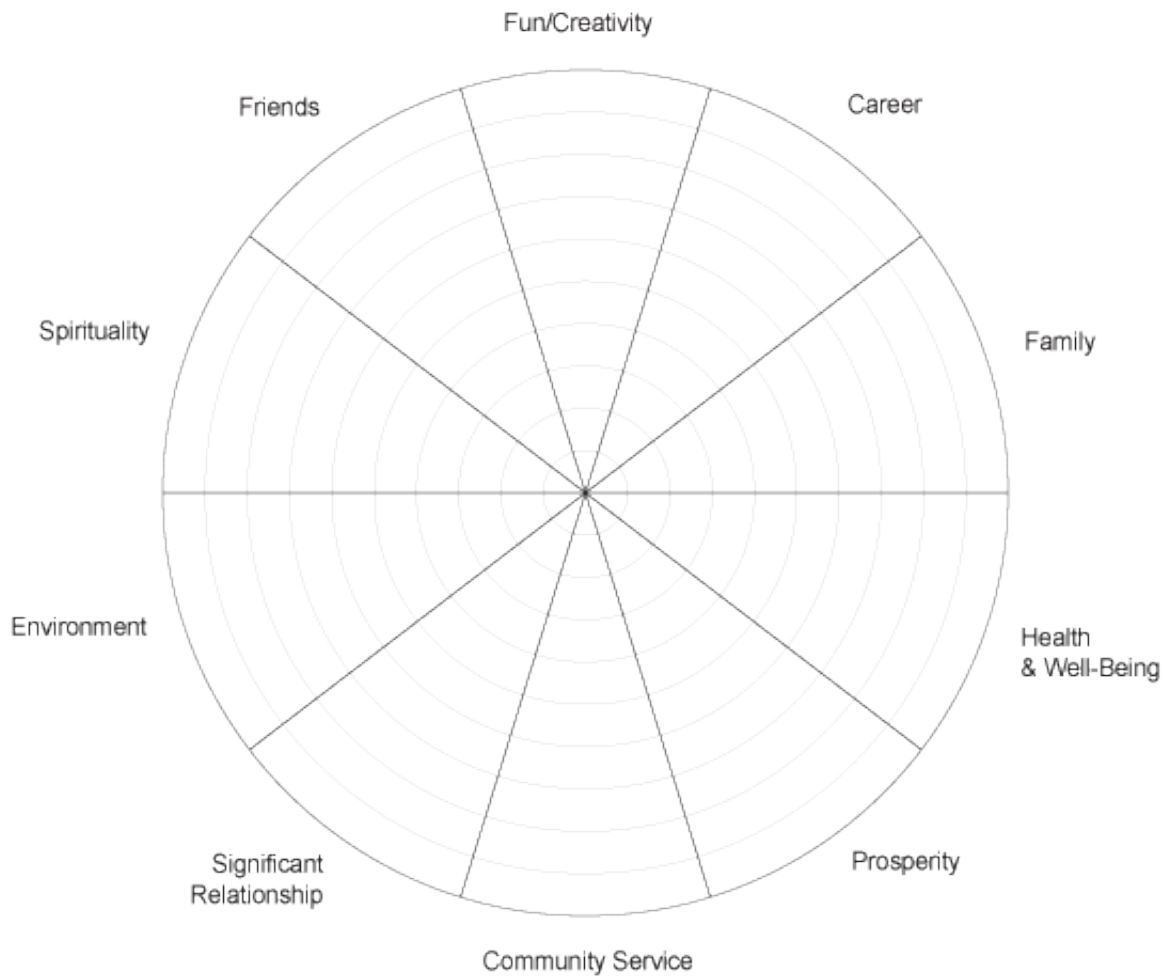
2. _____

3. _____

4. _____

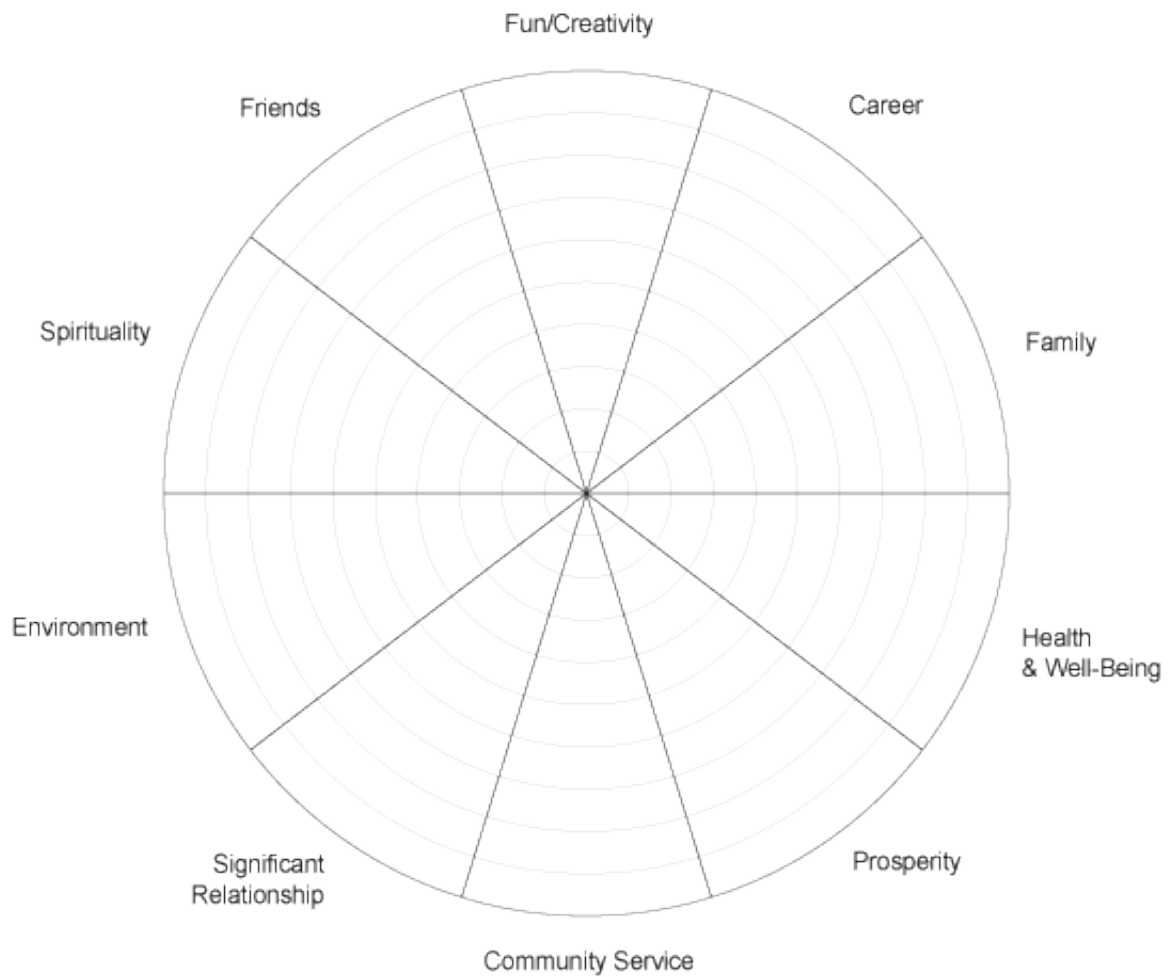
5. _____

As you sit here today, how does your “Wheel of Life” look? Rate yourself in each of the major areas of your life on a scale of 1 to 10; 1 being closest to the center and 10 being on the outside of the wheel. Draw in the lines. How is your wheel rolling?



The Year Ahead:

A year from now, what would you like your “Wheel of Life” to look like? Draw in the lines; see how it will be.



What specific goals are you going to commit to achieving during the year ahead? By what date will you achieve these goals? Why do you want to achieve these goals; what's the purpose? Why are these goals a "must" for you? BE SPECIFIC.

Goal #1

I will achieve this goal by: _____

Why? What's my purpose?

Why is this goal a "must" for me?

What will be the consequence of not achieving this goal?

What specific actions do I need to take to achieve this goal?

Goal #2

I will achieve this goal by: _____

Why? What's my purpose?

Why is this goal a "must" for me?

What will be the consequence of not achieving this goal?

What specific actions do I need to take to achieve this goal?

Goal #3

I will achieve this goal by: _____

Why? What's my purpose?

Why is this goal a "must" for me?

What will be the consequence of not achieving this goal?

What specific actions do I need to take to achieve this goal?

Goal #4

I will achieve this goal by: _____

Why? What's my purpose?

Why is this goal a "must" for me?

What will be the consequence of not achieving this goal?

What specific actions do I need to take to achieve this goal?

Goal #5

I will achieve this goal by: _____

Why? What's my purpose?

Why is this goal a "must" for me?

What will be the consequence of not achieving this goal?

What specific actions do I need to take to achieve this goal?

What practices and disciplines am I going to commit to in the year ahead?

1. _____
2. _____
3. _____
4. _____
5. _____

What “magic moments” do I want to create for myself and for those I love in the year ahead?

1. _____
2. _____
3. _____
4. _____
5. _____

How will I celebrate my successes in the year ahead?

1. _____
2. _____
3. _____
4. _____
5. _____

NOTES:
